



**HALLOWE'EN R.I.P.**

**A relay-only meet**

**Sunday October 30, 2011**

**Athletic Centre, University of Guelph,  
Guelph, Ontario**

**WARM-UP: 8:30 - 9:15 am; START: 9:30 am**

**Sanctioned by Swim Ontario**

**Hosted by the Guelph Marlin Aquatic Club**

**MEET REFEREE:** James Ball

**MEET MANAGER:** Dawn Larson dlarson@uoguelph.ca

**All relays are TIMED FINALS The results of the kick relay will not be uploaded to SNC**

**HEAT LIMITATIONS:** Unlimited

**ENTRY FEES: \$12 for each relay event.** Deck entries will be allowed at Meet Manager's discretion.

Meet Management acknowledges the SO policy with banning the future use of split times as official times and requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose."

**ENTRY DEADLINE:** Tuesday October 18, 2011

**SCRATCH DEADLINE:** Tuesday October 25, 2011

Entries must be uploaded in hitek format at <https://www.swimming.ca/>

**RULES / PROCEDURES:** SNC rules and the **Fina One Start** will apply. SNC Warm Up Safety Rules and Procedures and Swim Suit Policy apply. Coaches are responsible for their swimmers' conduct and knowledge of the SNC Warm Up Safety Procedures.

**ELIGIBILITY:** All swimmers must be SNC registered.

**AGE GROUPS:** Girls and boys for each of the following age groups - 10 and under, 11-12, 13-14, 15 and above

**AWARDS:** 1<sup>st</sup> – 3<sup>rd</sup> for each age group. Many bell lap prizes.

**RESULTS:** Results will be posted at swimmeets.ca and sent to coaches by email.

## ORDER OF EVENTS

All events are all male or all female relays and will be seeded slowest to fastest.

Event #	Age group	Event
1	10 and under	4x100 free
2	11 and 12	4x100 free
3	13 and 14	4x100 free
4	15 and above	4x100 free
5	10 and under	4x25 free
6	11 and 12	4x25 free
7	13 and 14	4x25 free
8	15 and above	4x25 free
9	10 and under	4x50 breast
10	11 and 12	4x50 breast
11	13 and 14	4x50 breast
12	15 and above	4x50 breast
13	10 and under	4x50 medley
14	11 and 12	4x50 medley
15	13 and 14	4x50 medley
16	15 and above	4x50 medley
17	10 and under	4x25 fly
18	11 and 12	4x25 fly
19	13 and 14	4x25 fly
20	15 and above	4x25 fly
21	10 and under	4x50 kick (choice)
22	11 and 12	4x50 kick (choice)
23	13 and 14	4x50 kick (choice)
24	15 and above	4x50 kick (choice)
25	10 and under	4x50 free
26	11 and 12	4x50 free
27	13 and 14	4x50 free
28	15 and above	4x50 free
29	10 and under	4x50 fly
30	11 and 12	4x50 fly
31	13 and 14	4x50 fly
32	15 and above	4x50 fly
33	10 and under	4x25 breast
34	11 and 12	4x25 breast
35	13 and 14	4x25 breast
36	15 and above	4x25 breast
37	10 and under	4x100 medley
38	11 and 12	4x100 medley
39	13 and 14	4x100 medley
40	15 and above	4x100 medley

## **SNC SWIM SUIT POLICY**

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

**MATERIAL** – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of “textile” currently is: “Material consisting of, natural and/or synthetic, individual and non- consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.”

**SHAPE – MEN:** swimwear shall not extend above the navel or below the knee. **WOMEN:** swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

**USE** – Swimmers shall wear only one swimsuit, taping is not permitted.

**CONSISTENCY** – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

## **SNC WARM-UP PROCEDURE**

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional “practice” pools, if any, are to be supervised by lifeguards and coaches.

“Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period ..... and shall ensure that all appropriate warm-up procedures are followed.” (CSW 2.13.1.5)

### **General Warm-Up Rules:**

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for ‘Circle Swimming’ during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & SWAD the ‘right of way’ for safety purposes.

- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

**Specific/Sprint Warm-Up Period:**

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.
- The following statement shall appear in the meet information and in posted notices: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

**Equipment:**

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.